Matt: [00:00:00](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=0.87) Life is short, so do things that you enjoy, especially if they open up your mind. You can read more about them, learn more about them. As I mentioned to you, if the world's information at your fingertips and is being exchanged at this incredible rate. So we live in a just a fantastic time to be alive and and opportunities are endless. So I would say take advantage,

Cody: [00:00:28](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=28.44) Matt Wilson, who is the founder and CEO of under 30 experiences, which recently ranked eight Oh one on the inc 5,000 fastest growing private companies in America. In this episode, we uncover the undesirable circumstances that Matt had when trying to become a New York City entrepreneur along with the stress, self destructive habits and more that eventually let him to founding under 30 experiences. We delve deep into his beliefs and how travel help to change him and others for the better. Lastly, we discussed his mindfulness practice, how it helps keep him grounded and what supplements and routines he regularly protects. And without further ado, here is Matt Wilson.

Matt: [00:01:11](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=71.29) Okay.

Speaker 3: [00:01:15](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=75.67) [inaudible]

Cody: [00:01:23](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=83.65) [inaudible]

Cody: [00:01:25](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=85.63) Matt, welcome to the podcast.

Matt: [00:01:27](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=87.77) Thanks. Great to be here.

Cody: [00:01:29](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=89.65) Now, we actually met a long time ago when I went out to hi can Peru on the Manchu Picchu trail and that's, that was our first experience together and it was really profound to have met you for the first time and I can see how you, you've had a lot of impactful experiences with the other people that you traveled with.

Matt: [00:01:50](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=110.65) Thanks. Cody. I appreciate that. That was a, a heck of a hike and yeah, enjoy hitting the trail with you. The Inca trail.

Cody: [00:01:58](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=118.92) Yeah. But then you've started under 30 experiences a few years prior to us meeting up. And I'm wondering if you can explain what led to that and basically what under 30 experiences is all about.

Matt: [00:02:11](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=131.18) Sure. So, uh, long story short, uh, under 30 experiences, as you mentioned, is a small group Travel Company for People Ages 21 to 35 and we bring young people all over the world from Machu Picchu and Brazil and Costa Rica in Latin America over to Iceland and Italy and France and Spain. We have trips to Thailand, to Bali. So over 15, probably close to 20 different countries all over the world. But I really started it out of my own desire to go out, see the world and not be chained to my desk. Like I saw so many of my friends doing and uh, just kind of chasing the dollar or people of opposite sex or same sex whenever you're, whenever you're into. But I, I really, uh, I just wanted to do something a little bit different. I was kind of in a rough in New York, working a lot of partying, a lot, being more destructive than I would have liked to and I was going to use the word productive, but uh, I was being quite productive but not in the way that I wanted to. I want him to do it on my own terms. So under 30 experiences was born

Cody: [00:03:26](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=206.46) well, it's brilliant. So Matt, how did you end up in New York City? What kind of a lifestyle where you living in? You said that you went on, you went to Iceland, that was your first trip, and then you had your first customer. He wasn't even a paying customer. Well, what led to that initial idea? It wasn't just, I mean surely you would go into parties and your views, other things, but was it like an underlying sense of dissatisfaction where you unhappy, where you depressed? What, what was that emotional trigger for you?

Matt: [00:03:52](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=232.86) Yeah, so I ended up in New York, honestly because that's where people go to make it. I'm from the northeast. And so I thought, oh, I got some buddies living in New York and they look like they're doing well. A, I should go there. I mean, it just kind of was what I thought the traditional path was all about and follow the money like they say. And so I got there and to be honest, it was a lot of fun. Uh, Gerald tool, my cofounder and I started a website for entrepreneurs called under 30 CEO and we're publishing news and vice interviews, articles from all the stories all around the world about young people starting businesses. And the website became very well read at our peak, a half a million monthly readers. And so it was, it was exciting and we were getting invited to quite a lot of big events.

Matt: [00:04:48](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=288.36) We'd cover them as press and we were getting notoriety for our own startup being the media sites. But it was kind of this kind of web 2.0 many bubbles if you will. And so I think, you know, people were just so hot on young people coming out of the recession, starting their own businesses. And so we were invited to the United Nations and the White House and to the US Capitol and to all these places and you know, being named to all these top lists and, and whatever. But it was really, it was very empty. It was a lot of ego stroking. There was a lot of just smoking, smoke and mirrors type thing where most of these startups, right, were, they were racing a lot of money, but they didn't actually ever sell anything. And so a lot of them crashed and burned. I was part of one that crashed and burned, not under 30 CEO, but a company called Zarlingo.

Matt: [00:05:50](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=350.16) And so you see these types of things and it just, I was really stressed out working a lot. My habits were, as I said before, fairly destructive partying a lot. But you know, my friends when they'd get done with work at 8:00 PM, well they wanted to go out and have a few drinks and there's nothing wrong with that until, you know, Thursday, Friday and Saturday it was, uh, it was pretty hardcore and it just didn't, I don't know, it didn't sell well with me. I was stressed, as I said, from pressure to just make rent. I mean, we had a, the business was making sure over $150,000 a year, but for two guys to live in New York City and bootstrap a startup, that's not a lot of money to go around. I mean, we were, we were still broke. I want to be very clear. So all of that really made me evaluates and start to look for opportunities where I could ask myself what I really wanted.

Cody: [00:06:55](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=415.29) And that, that ended up being starting under 30 experiences to start traveling. How did you find traveling as a way to escape that, that kind of hamster mentality of spinning the wheel, you know, getting money, living your job, sleeping, eating, repeating that process. What did you get out of travel?

Matt: [00:07:14](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=434.24) So I, one of my very first trip to Iceland and I was just blown away by the volcanoes and the glaciers and the incredible sunsets, the northern lights, the biking people, all of these things, you know, the new cultures than I was experiencing. And I was in the outdoors and I realize that, oh wait, I really loved the outdoors. This is what I grew up doing. Not traveling up internationally to Iceland's, but, uh, going in my backyard in upstate New York and I go on hiking and things like that. And I realized how much I love those types of activities, none of which were readily, readily accessible to me in New York. And I just thought, God, I've got to do more of this. And I also reflected upon my peers who were all in the hamster wheel, as you say. And I thought, all right, I need new friends or I need other people that I can travel with. And this is where our community model came in. And that's, that's been one of the things that has made under 30 experiences most successful.

Cody: [00:08:26](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=506.33) And so when you were in New York City, I know I lived in La for a little bit and the problem I had with La is I just had so many fake people around me that they would befriend me and they would know like they would, they want it to be my friend, but then I would find out that, you know, they, they wanted to, to know me for a connection or they want to get something out of me. And it felt so difficult to discern somebody from a genuine authentic person versus somebody who just wanted to use other people that you have that similar experience. New York City.

Matt: [00:08:56](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=536.19) Yeah, of course. I mean, look, there's a group of guys who I played football and basketball with and a lot of them were all in tech start ups are working for Vayner media or things like this. And it was really fun to be part of those, that group. And we actually connected because we had, we had mutual interests in sports and so we went out, we competed, we, it was a great network [inaudible] venture capital, etc. But then I would go to some of these events and it was just, it just felt sleazy to be honest with you. It just felt like people or slang in business cards all over the place trying to raise money for their startup. And yet we had something very bad, valuable to offer some new startups. Right. And that's, that's press. And so once I kind of removed myself from that scenario, I felt so much more authenticity in my life.

Matt: [00:09:57](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=597.16) I wasn't concerned. You know, part of the, part of the issue, Cody, that I had was this impostor syndrome where we would get names not to list like the ink 5,000 right? Cause you have to verify your revenue and all of this. But we'd get named on these off 30 entrepreneur, 30 top entrepreneurs under 30 and and these all these types of lists, and we were hanging out with all these people, but it didn't feel, it didn't feel real. A lot of these people were just on there because they raised a bunch of money for their startup, which congratulations, that's difficult to do, but it just seems like, yeah, people were just trying to get pressed for the startup and I had this facade on and I could see through it and I didn't want to become like that.

Cody: [00:10:44](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=644.42) All right, and so you had a certain level of, we're just going to, for yourself, you understood yourself to when you were New York City, you knew that it wasn't connected to who you were as a person. And I'm wondering when you sort of traveling, I feel like you, you've naturally always had this, now correct me if I'm wrong, I feel like you've naturally always had this mindset of openness, of accepting cultures, of accepting different beliefs. Is this something that you always had or is it something that you go into that as a habit simply experiencing different cultures?

Matt: [00:11:19](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=679.01) I would say that this is something I picked up on, to be honest. I would say it's something that I picked up on and as soon as I started traveling or as soon as I started looking for other ways to open my mind, all of a sudden I became very open minded. But I mean my dad for example, is just staunch Republican. I was raised in that type of environment and now I can't even listen to anything that comes out of his mouth sometimes because it's so ridiculous. Uh, and not to get too political, but I was raised much more closed minded. And so once I went out on my own, kind of the hero's journey where you really have to leave home and you're living in New York City was leaving home, but it wasn't, it wasn't far enough. I need to really go out and see the world and experience it for myself.

Matt: [00:12:17](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=737.05) And a huge part of that was dropping all of these beliefs that had been programmed into me. I moved from my beliefs about money to my beliefs about food. Of course I mentioned politics, but just observing how the world works. Studying, studying, for example, something like Buddhism, the first thing they tell you is to question everything. And that was nothing that I had ever been talk before. And so then I started, you know, it was, I have to say it was really an eye opening experience to, you know, look, it sounds cliche that people say, Oh yeah, you traveled the world and you come back and you see the world with new eyes or see your hometown with new eyes. To me it really was true. So I will repeat that cliche on your podcast if you'd like it, Cody.

Cody: [00:13:07](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=787.4) Oh, no problem. So is there anything that you've learned about yourself through traveling and also even how do you, how did you maintain this habit of travelling? So you started a company that was about helping others, especially those under 30 live you experiences. And is that, is that basically just kind of foreshadowing the problem that you were having and then you realize other people have that same issue where they, they feel stuck and traveling as a way to get outside, see the world and modify your beliefs and your mindset?

Matt: [00:13:41](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=821.98) Yeah, that's, that's exactly right. So I stood there on a glacier in Iceland and had that too. What am I doing with my life moments? And you're absolutely right. That did end up kind of the domino effect or the network effect really did happen. As we started bringing more people on trips, they started opening up their minds and the community became full of some, some really interesting people. And you know, a lot of my best friends to this day are through under 30 experiences. But just having that one experience for myself that was so powerful. It just really, really had a strong impact on me. But I want to also mention the nuts and bolts of things you mentioned. How did I get into kind of this habit of traveling? Well, I was lucky enough to have a business in New York where I could work remotely. And so I was working from a little apartment in New York, which was quite expensive to live in lower Manhattan. And I realized that I could travel all over the world on that same budgets and grow this business under 30 experiences while I had under CEO running store. First trip was actually a retreat for entrepreneurs. And so that's what we have platforms to get the word word out. So I will note that part of it was being in the right place at the right time, um, but also taking advantage of that opportunity and connected us

Cody: [00:15:08](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=908.13) all right. Is it look against opportunity is, I like to say you have to put yourself in that position in order to be lucky.

Matt: [00:15:16](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=916.66) Sure, sure. Are the, or the harder you work, the luckier you get.

Cody: [00:15:21](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=921.62) Yup. So you've, you've been able to also change the mindset and experience and help people further their own experiences. And that's, that's also one of the things I appreciated this meeting you in person, is that you come up, you're very genuine. You're very authentic and you don't get that same feeling from a lot of people and I know that you've helped a lot of people through under 30 experiences and that must be a profound feeling. That must be a profound why, as Simon Sinek says, is we need to have a deep understanding about what makes us get up every day and I know at least for you in some part it is to help people broaden their horizons and their mindset and beliefs. And you've seen people do things like quit their jobs and tons of other experiences, but I'll let you take it. What kind of changes have you seen in people that have gone on these trips and, and what's, what's led to that?

Matt: [00:16:20](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=980.82) Yeah, I would say Cody, just people getting a little bit more in touch with themselves, hitting the pause button. I know that I had this very profound experience, but for most people, their experience isn't quite as profound and our trips can change the course of people's lives, but usually it's a week where people can just reflect for a little bit and hopefully take a little something back to where they came from and say, yeah, I want to do that again. Or I would like to go hiking in my hometown sometime, or, hey, wasn't that cool how our trip leader ask the waitress not to give our group straws? That's, that's one of the things we tried to do to be ecofriendly is in the beginning of the trip, we tell all of our travelers, hey guys, look, if you'd like to help conserve this beautiful country where we're bringing you, let's try to really reduce our, our use of plastic, and everyone says, yeah, that's a great idea.

Matt: [00:17:25](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=1045.99) Let's make our footprint a little bit smaller on this trip. But then if they can take that and bring that home with them, that's really powerful. And the, I know these are small things, but no, we have people who, I mentioned hiking, but we have people who practice yoga for the very first time on our trip and realize, oh my God, there was a lot to that practice, had a really nice experience or I feel amazing after that. This is a tool that I can add to my tool box to be able to distress when I'm home. Or I could go on and on about people getting in shape or are not volunteering, US participating rather in a community service project in the local community somewhere where we go and then people say, wow, that was really cool. I'd like to start my own nonprofit organizations. So there's so many examples like this, but they can be really small. So I just don't want people to think like, oh yeah, sell them a trip to Iceland and your life is totally going to be transformed because that's not the point of our trips. But Hey, if you go out there and you have a lot of fun and you connect with other people and something does click inside of you, that's what we're looking for.

Cody: [00:18:46](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=1126.28) Yeah, and for me, your trips, Matt is, is when I sign up for that first trip, it was about getting outside of my comfort zone because I'm, I'm somebody that's very somewhat neurotic and I'm also, I love being inside in my cave working all the time. And it's so easy to get stuck in this routine where you wake up every day, you do these same things over and over again and you develop patterns. You know your, your neurons that fire, they wire together and it's so easy to just stay in that routine. And then you can end up building destructive habits and destructive behavior. And one of the ways to get out of that of course, is to travel, is to get outside. And the thing is, I always had so much anxiety about leaving home, especially being single, not having anybody else. I feel like I could actually travel with that. Your group allowed me to go outside my comfort zone and not have to worry about what are all the things that, oh, planning out the trip because the only thing I had to do was book the ticket. I'm not advocating for your service at that. Anybody should sign up for it. But it's something that helped me and I know just a travel group like that. It's uh, it can be found for somebody which you, when we're having much higher rates of depression and anxiety and we've ever seen before.

Matt: [00:20:01](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=1201.21) No, I could not agree more, especially with that depression because when you do force yourself to get out of your comfort zone and you all of the sudden experience new sights, new sounds, new tastes, uh, feeling new, new things. I mean this is one of the very best ways, in my opinion, to break yourself out of a Rut. Like I wasn't, I wasn't clinically depressed, but I know a lot of people who have been and that travel was a fantastic way to, to give them hope.

Cody: [00:20:37](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=1237.69) And, and even on a small front, like one challenge I try and use every weekend I try and do something right. I go to a park, I've never been, I hike somewhere I've never been and it's difficult to try and do new things. Like having a habit of doing something different every week is actually a lot more difficult than it sounds, but even something like that, as small as that is to make a huge profound difference. So you don't always have to travel and go to Europe or Africa or Asia to try and have these new shifts in perspective. Something like simple as that could have a good impact.

Matt: [00:21:11](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=1271.15) Totally set up your tent in your backyard and sleep under the stars. All of a sudden here, you're a little bit out of your comfort zone there. Yeah.

Cody: [00:21:19](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=1279.13) [inaudible] I wanted to talk about what you said a little bit earlier about noticing stress and I think that comes back to mindfulness in noticing the small things in life is that, you know, when we get into teams, you know, it's just like making a cup of coffee. I know a lot of people who will have this routine where they have to drink coffee and they have to wait for it to drip down and then they might get something like a Keurig machine that makes the coffee for them and so their mornings more efficient, but they've noticed that over time they actually, they miss that, that process, that routine of, of making that coffee manually because it was a form of mindfulness that has to take time to appreciate that moment. And I think that is something important. Even when you're, when you're traveling, nobody ever takes pictures and posts pictures on Instagram of when they're feeling like crap traveling, you know, and a 10 hour flight, you only see the picture at the peak, you know, and everybody has this false reality of what travel is. But there's also the ability to notice those small things and travel. I'm curious if you have anything else to add on top of that about mindfulness and noticing small things and travel.

Matt: [00:22:30](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=1350.41) Sure. I mean, uh, two things. One I will certainly advocate for having your routine of as a coffee drinker myself. I mean every morning I French press and you know, you get all the polyphenols and antioxidants because you're not filtering it and you're doing it the old fashioned way. But I love taking my little hand grinder and actually grinding fresh organic beans. So that's a little, a little side note, but that is a moment of mindfulness or me in the morning. But mindfulness can be absolutely everywhere and sure it's on to smile through your picture at your peak experience, like you mentioned, Cody, but when mindfulness really comes in extremely handy is when things are not going well, when you're really having a hard time, when your flight is delayed or you find out that something bad happens back home or you know who, who knows when you get lost or, or your wallet gets stolen or all of these very challenging times.

Matt: [00:23:31](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=1411.97) I mean, to me that's where mindfulness comes in most handy because then you don't save the things that you regret or you don't take years off your life because you got so stressed out and you're able to stay a little bit more even keeled through the entire trip. And that's where, you know, it's, it's a journey. It's a, you're supposed to enjoy all parts of it are as, as much as as you can or at least be mindful of the parts that you're not enjoying. Being able to observe your emotions and just try to still be kind to the people around you, like the poor lady behind the desk, if the airlines is a, is a perfect example. So that's where mindfulness and travel comes in strongest for me.

Cody: [00:24:23](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=1463.2) Right? Yeah. And it's so easy to want to push away a negative emotion. And often that's what leads to anxiety and depression. But I think there's a certain, just sitting with that emotion, not, not pushing it away. And that, that comes back to mindfulness. So I'm curious, what is your mindfulness routine like? How did you, how did you get there?

Matt: [00:24:45](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=1485.72) So I started practicing yoga in New York in, let's call it 2010 sometime around there. And at first it was the off day from my workout and I went to New York sports club and it was kind of noisy. It wasn't this perfect zen, serene deal that you might picture in a a Bali or in Costa Rica or something. But it was a stretching exercise. And I said, oh, that's stretching. Exercise actually feels good. I do feel less stressed. There's something there. I shouldn't really try to do this more often. And so I did. And then I, you know, signed up to go to a real studio and then there was like, Eh, you know, 30 seconds of meditation before or after the class. I thought, oh, that was, that was really neat. So maybe, and I would actually listen to the little talk, but the teacher would give and I started to realize that this isn't, the practice isn't about standing on your hands, etc.

Matt: [00:25:47](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=1547.19) And so I started, I started like that with, with Yoga and then I developed a daily meditation practice. You know, there's tons of apps out there. I've, I've used a lot of them before. I kind of developed my own practice and, listen to many podcasts on the subject, listened to a lot of books on the subject and just continued from there until it became a true lifestyle, until it was something that was part of me and I realized it doesn't have a whole lot to do with how long you can sit on this mat or sit in Lotus position or whatever. It's again, it's not about the fancy pose or the perfect stillness of the mind. That's how you carry that into your everyday life. And that has been tremendously beneficial. And in my journey.

Cody: [00:26:43](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=1603.63) Do you have

Matt: [00:26:43](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=1603.99) any examples of how it's been beneficial? Sure. Uh, Geez, where to, where to even be in, I mean, I, I mentioned no, that's okay. I mentioned of course, just like air travel. That's one of the biggest things when people around you are freaking out, it's really nice to be able to just get back into contact with your breath. Flights are actually one of my favorite places to meditate. Almost every flight I'll, I'll put my headphones in for a minimum of 20 minutes and if I'm just going to nap, sometimes I find it better just to meditate and you know, I'll go for an hour plus because I, I just, I enjoy it so much.

Cody: [00:27:27](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=1647.73) Um, is there a particular part of the fight that you like to meditate?

Matt: [00:27:31](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=1651.93) Yeah, actually to really dive into it. I really enjoy it. Landing a, first of all, that's when, when people have a little bit of fear of flying, I wouldn't say that I'm afraid of flying, but occasionally I get nervous, I think like anybody, but to dive deep into the practice, I actually feel a lot more energy moving or, or take off of school because you can feel yourself being really sucked back into the seat. Like the g forces or a, he would save the Kundalini energy moving through your body. But anytime is good.

Cody: [00:28:07](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=1687.11) Yeah. And, and for me, I've noticed that I've, I've done that. Not like perhaps just meditating as one would think, meditating, but say on, on, on landing. I'll close my eyes, I'll listen to this, this on repeat or I'll even just turn it off and I'll just hear the sound of the cabin all here. When the flaps go up, when the landing gear goes down. And I just try and imagine that by shutting out the visual sensory input at the same time, sequentially imagine where the airplanes at, what's happening with it, but then also being able to be present with any anxiety that I have or excitement in to try and live that. And I think a huge issue with travel and anxiety in general is that we have it but we don't realize we have it. You know? And I think that's where mindfulness so helpful.

Matt: [00:28:57](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=1737.14) Sure. Or people just don't want to admit they have it. But that's, that's funny. Cody, I, I will do a similar thing I always like to try to predict are like, I'll picture myself kind of as the airplane and coming, coming down. And there's that part for what experience? Flyers might be able to tell that the captain actually has to pull up a little bit, I think to put your nose in the air to land, you know, you don't want to lay of have land knows first. And so I can always kind of feel that as you come down in the airplane. And so it's, yeah, it's just, it's just a neat feeling. It's something that's really enjoyable and it does take your mind off of any fears or, or, or like you said, okay, recognize the fears you have and be nice to yourself about them and say, Hey, I recognize this as popping up for me. Okay, that's cool. This is a common thing. Statistics say, right, we're going to live here. So just be cool with it.

Cody: [00:29:55](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=1795.98) And so in the past, before you started meditating or practicing yoga, so for me, when I started a minute, the example I always bring up is that I started to meditate and then I would always get up and grab a snack, but I wouldn't actually ask myself, why am I getting a snack? I just sort of consciously thought, okay, I'm hungry. Let me get something to eat. But it took a long time. But once I started meditating, I started to, actually one time I questioned, wait, why am I getting up to go grab a snack? And I made this epiphany that it was because I was procrastinating. They hit now this thing I didn't want to handle. And for those who don't know procrastination, it's an emotion really is, it's a negative emotion. And just understanding that mindfulness helped me to understand so I can try and change that, that behavior.

Cody: [00:30:39](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=1839.39) And I've also been in other circumstances earlier in my life where I would have panic attacks and I will let, I would go down the rabbit hole of that thought. And I'm, I'm curious in your experience, especially when it comes to mindfulness, you know it's like easy to have a mindfulness routine, but it's, it's more difficult to see how it impacts your life. Are there any specific examples or things that you can think of that previously you would just let your mind go wild or you would just have one anxiety of like, oh my God, I forgot my passport. And then you think, oh my God, what am I going to do? I'm screwed. And you know, you just kind of easily so many people could just easily go off a cliff. Right? How have you been able to catch herself? Are there any circumstances, uh, etc.

Matt: [00:31:18](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=1878.85) Sure. So, so many examples and uh, thank you for really diving in and helping portray this point to the listeners that mindfulness can be a tool that you can use to absolutely at any time. I think the food example is the easiest example that you can use. Actually I'm taking an eight week course, right? Not now Mbsr, mindfulness based stress reduction and people can find it online for free if they're interested. But it was developed by University of Massachusetts Medical School and the very first required reading is mindful eating. And so when I sit down to heat, I no longer eat with a shovel. I like to say I actually take a breath and I recognize that there are a, I'm really fortunate to be in this position where I can have all of these great foods. Some of these foods are from around the world.

Matt: [00:32:18](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=1938.47) You know, hopefully a lot of the foods are also local and I am mindful about that. And I say, wow, wasn't that nice? Then I was able to go down to the farmer's market and buy this from that person who actually dug this up with their, their hands. And you know, I'm really fortunate that I have clean water that I can be able to wash this lettuce with and have this nice salad. And so I've tried to go through that and it really tastes the food. That's the biggest thing I actually, in Aryuveda they say, which is the I kind of lifestyle behind yoga, if you will, or the science of life as I think it translates to, it's really, they say you make the food taste, the food doesn't actually taste. So if you're mindful, then oh my God, the taste of food can be extraordinary.

Matt: [00:33:12](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=1992.43) But I never really cared for foods before I started meditating because it was just a chore that had to do another thing on the list. Oh my God, you got to eat this many calories in this much protein and this many grams of fat. And, Oh look at myself, I want to change how my body looks. Uh, I'd like to have more muscles than I got to choke this down and blah, blah blah. And it was, it was never fun. So, you know, that's a really easy example to start with. And I also wanted to note that still to this day, I find myself with anxiety about, uh, do I have my keys in my pocket or hey, do I have my passport with me when you said that, that triggered us lightly or did I remember to get cash before the trip or do I have my return flight booked?

Matt: [00:33:59](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=2039.8) And so there's always a long list of things that is going on in my monkey minds that I do try to quiet. And I have a lot of habits. A, I've worked with the UN neuroscientists, Dr. Andrew Hill and in Ucla, and we've looked at my brain and you can see the chatter in a queue, EEG scan, and you can see that, all right, I am the way I am with all these habits because, well, I had ADHD bends, my mind was all over the place. And so I needed to develop all of these funky little habits, like checking my checking to see if my keys where my pocket 20 times a day and a, I worked on that. And now I try to take a breath, check my keys, and try not to check the damn pocket 20 other times. So was the little, little aside there for you. But it's still something I'm, I'm practicing and it will be a lifelong practice.

Cody: [00:34:58](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=2098.9) And one of the things I remember, I don't know if I got those from the walking with Einstein book about having a, a fantastic memory of what every time I leave for a trip,

Matt: [00:35:08](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=2108.97) one of my greatest anxieties is like, did I forget to lock the doors? And so one thing I'll do is I'll say crazy pink elephants

Cody: [00:35:17](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=2117.52) and I'll just think of some, a lot of random crazy words and sometimes I'll throw some cuss words in there and it basically makes it almost unforgettable that I definitely locked the door.

Matt: [00:35:29](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=2129.03) Oh, interesting. Yes.

Cody: [00:35:31](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=2131.39) So that's helped me significantly. And even when I, when I come home, I know it's easy to place your phone and your and your wallet somewhere and then when you have to leave you're like scrambling, oh crap, where'd I put my wallet? And I've been able to get into the habit of always having a specifically. So the first thing I come in, I, Hey, my keys, my wallet, and I put the phone on the charger and I never have to worry about where it is or misplacing it. And that's been helpful for me personally.

Matt: [00:35:55](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=2155.92) No, that's great. And not the little one that I use for memory. My girlfriend were always telling me, hey, can you pick up these three things from the supermarket? And I guarantee I will forget one of them, which is sounds like I have a terrible memory, but I try to walk myself through a house and in each room I put one of those things, so I go back in my head to the house that I grew up in where I know the best, and in the living room I will say a huge pile of cucumbers. And then in the dining room I will see a huge thing of bananas. And then in the kitchen I will see whatever the third thing is and I try to visualize it like that. I can't remember where I picked up that tip, but it does work

Cody: [00:36:40](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=2200.38) that, yeah, that's called the memory palace and that I definitely got that one from that Moonwalking with Einstein book.

Matt: [00:36:46](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=2206.59) Okay. I'll have to put that book on on my list. There is a, of course about the learning brain. That's a great courses. I don't know if you've ever heard about it, Cody, but they have, yeah, they offer tons of well, great courses and I started taking one of them. I, Hey, that's where I got that from.

Cody: [00:37:04](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=2224.72) Oh, fantastic. Yeah, I actually, I just finished another one. I know there was, there's one about stress, but they're basically audio books, but they're like 12 to 20 hours long and so it can take a very long time to go through them. I actually just finished one on CBT therapy and you pick up little things throughout them. Yeah, that's fantastic. I'll probably have to look at that. And of course about the learning brain and uh, another memory system that I've actually been practicing though, there's, there's spaced repetition systems, right? Kind of basically like flashcards. And one of them is with something called the peg system and it's creating associations with different numbers and other images. So things like from like one to 10. So one is sun two, right? With two is fours, poor, six to sticks, eight is gates, uh, seven is heaven probably to associate like numbers or different things with a visual stimuli. And it makes it much easier if you look up a list of words or earn listening numbers who have that association. And it's much easier to create a, basically a story that would allow you to kind of move from one to the next and it can be pretty great. But obviously I'm still learning I systems.

Matt: [00:38:23](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=2303.92) Sure, sure. Now that, that is something I have a lot of interest in. I can, I can use all the help that I can get in the memory department.

Cody: [00:38:31](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=2311.42) But I wanted to take, go back to when you were talking about mindfulness and basically what you were referring to was a gratitude exercise, uh, about, yeah, I'm grateful for the food that you have. And I'm curious, did you always have this descent? I know that you didn't always have this sense of gratitude, gratitude with food, uh, but are there other areas or, or other exercises that you perform that allow you to change your mindset from picking out the negatives and looking at the positives?

Matt: [00:39:00](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=2340.77) It's interesting. I'm thinking back to Thanksgiving at my family and we were the family who somebody would say, hey, who wants to say grace? And then everybody would say grace at the same time to be, to be, make a sarcastic joke out of it. But, uh, no, to be honest, I did grow up with in an environment where we, we're very grateful for what we had. And, uh, that was something that my parents really did instill in me. I will give them a lot of credit there, but through yoga, through meditation, gratitude, just, it's a common theme. When you were talking, I didn't quite realize that it was a gratitude practice, but yes, of course it is. And I try to be grateful. Yeah. I try to be grateful as, as best I can. I've done branded, tattooed journaling, which just wake up and write the things that you're grateful for, especially if you're in a slump.

Matt: [00:40:01](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=2401.13) Once gratitude kind of becomes a habit, of course you can go, always go back to a tool like the gratitude journal. But, uh, I try to wake up and sometimes I'll, you know, do my meditation practice and I'll recognize people in my life who have helped me get to this point. I'll send love to my dad or to my mom or to my brother and my nieces are stuff like that. And Yeah, just kind of becomes ingrained in you, which is very interesting. But of course to build habits like that, it takes years of practice as well. Being mindful about when, especially during the times when, Oh, you might've been a little ungrateful, you might've impacted a little bit entitled and uh, we're, we're great if anybody is listening to this, they're probably equate privileged person in the scheme of things that they have access to the world's information on a podcast. So, yeah, I mean we can all do it and I think the first step is admitting it and uh, yeah, it's a constant battle. Constant practice.

Cody: [00:41:11](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=2471.75) Yeah. And one of the questions I always have when I was younger, but I've later kind of learned to just do the experience when it comes to mindfulness. You know, if you want to reduce your stress, if you want to be less depressed for stress reduction, that can be mindfulness or depression. That can be gratitude. And it's difficult at first to think how can say I wake up and I write down three things I'm grateful for? How can that translate into being more grateful? In my experience, it's created kind of trigger points where I'm in a bad situation. Say I've traveled and I forgot my charger to my, to my Mac book, which has happened before. And then I just had all these terrible thoughts of like, how am I going to work? Oh, and then I tried to look up and there was no like apple store in the area I was traveling to and I was able to catch myself in that anxiety because we have all these worst case scenarios go through.

Cody: [00:42:04](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=2524.52) But then I was able to realize like, wait, I'm, I'm traveling, I'm not, a lot of people will have this abilities. This is also an experience for me to not work and to try and be more present in the destination that I'm flying to. So it helps you to reframe a lot of years your problems in life. And then same thing with stress is that I find myself in a stressful event and my default wasn't just to like, okay, I'm just going to shut everybody else around me. I'm going to sit on the floor and I'm going to do some meditation. You know, it doesn't work like that. It's more like I'm able to catch, catch that anxiety and I'm able to reframe that and I'm able to realize, oh, there's nothing I can do about this. I'm just going to drop it and I'm just going to focus on something else. And so that's how these exercises, whether it's mindfulness or or gratitude, that's at least personally how it's helped me.

Matt: [00:42:54](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=2574.47) Sure. And Cody, I, I'm, I'm happy that you're able to zoom out and see the bigger picture on that. And that's not easy for, for everyone. And I also don't want people to get frustrated when they say, oh my God, look at all these amazing things that I have in my life. I still don't feel well or I still have depression or yeah, I am having just a crap day. And Yeah, I am extremely ungrateful right now. And sometimes you just have to recognize that and be, be cool with it and kind to yourself about it and hope that things get better. And I just want to make sure that people don't eat themselves up too hard, especially when they first start practicing this, because we'd kind of be a big slap in the face when you write this massive list of things that you should be grateful for, except you also feel like you're behaving like a spoiled child. And that's okay. That's just part of the process.

Cody: [00:43:56](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=2636.43) Yeah. And, and, and that always reminds me of, of fantastic episode by Tim Ferriss and doctor Gabor Mate, this doctor who's been dealing with depression, anxiety and addiction for a long time. We always have this negative view of ourselves that we hate or we don't want that, you know, and we're always trying to improve and get rid of these parts of ourselves, but he thinks it stems back from a childhood trauma, but he likes to refer to it as a stupid friend. So you don't hate that part of yourself, but he's kind of like a stupid friend. Like he's your friend. But you don't really listen to them, but you still love him anyway. And I think that's the perfect way to view every part about yourself. The parts despise is you're never going to get rid of that until you have a certain level of gratitude and you can accept that that part of you played a role in your life and maybe it's not helping you right now, but to love and accept that is really one of the first steps in my view to growing out of that and improving yourself.

Matt: [00:44:55](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=2695.8) Wow, that's great. I had never heard this stupid friend, but it makes so much sense. That's a, yeah, I'm definitely going to think about that.

Cody: [00:45:03](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=2703.35) So I know that we just talked a lot about mindfulness and you run a travel company, but I want to pivot a little bit and it into about what your routine is. I mean, I know that your routine is a lot different today than it was many years ago when you were the city, and I know obviously you travel a lot. Can you explain perhaps what your routine was in New York City and also what your typical routine is now?

Matt: [00:45:29](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=2729.44) Sure. So, uh, living in New York, I was kind of the person who would well for one set their laptop actually on their lap and fry their testicles with electromagnetic radiation and you know, beyond that thing until five minutes before you were going to go to sleep. And then I just set it under my bed and then when I wake up in the morning, I'd probably reach under the bed, grabbed my laptop and start working again. And of course my, my habits practices in New York included whiskey tavern. I until odd hours of the morning if anybody is in lower Manhattan, checkout whiskies on Baxter streets. It's a fun place, but also very dangerous. I'm glad that part of my life is over and crappy food. I mean I used to eat street meat. I mean that's just embarrassing. I was really obsessed with lifting heavy weights and a, I still like to lift heavy weights, but I realized that I don't want to just be one dimensional in my training.

Matt: [00:46:40](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=2800.48) And so that kind of gives you a little peek into what my life and in New York was lighting, including just a, a massive amount of stress and not getting a whole lot of vitamin D or fresh air. Now. So I'm coming to you from Costa Rica where I spend most of the year. I also spend a lot of time in Austin, Texas, or I know that, uh, you live Cody and you seem to really enjoy, but I liked that there's a lot of green spaces there in Austin. And so that was a huge draw for me there where I could keep up some of these habits. But today I'm in Costa Rica and basic routine. Wake up a really go into detail for, for everybody. Wake up. I go to the bathroom first thing. Yes. Number one and number two and a, then I sit to meditate. I think that's really important.

Matt: [00:47:35](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=2855.56) I try not to drink any water before I do that. So I don't have stuff moving in my, in my belly. Also I like to, after my meditation, uh, I like to do coconut pulling, which again is a, another Aryuveda remedy to get all of the bad bacteria is out of your mouth. So I try not to wash them down with a glass of water first thing. But yeah, I like to swish around coconut oil of five, 10 minutes in my mouth. That is a kind of a mindful behavior while I'm making my French press coffee. So I'm boiling filter and reverse osmosis water French press. So as I said before, you're getting all of the antioxidants and polyphenols and it's not being filtered out. There's no waste from its, I dry out the grinds and um, my girlfriend makes them into a natural body scrub.

Matt: [00:48:31](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=2911.63) Yeah. Enjoying my, enjoying my cup of coffee and that's when I kind of start to catch up. Yeah. It kinda catch up on the day. I wish that I was better at not checking my email and my slack and occasionally social media better about social media, but we have people working in, in all time zones, including Asia and Europe who've been working all day and into the night on the team. So I like to give them quick responses and I am a bit of a, well I won't say anxious, but a, I'm not the most patient person. If you hung out with me, you probably think I was very patient. But I like to get things done quickly. So I like to get people, there were responses. So I scan my inbox and right back who I need to or scan my slap. But after that I write.

Matt: [00:49:24](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=2964.1) And so that's another form of mindfulness and a, I'm writing a book right now, the millennial travel guide book, trying to get more people out there and traveling. Um, but after that I kind of go into my work day. If I'm working from this is this is what I'm working from home. I also will go to a coworking space, either in Austin or here in Costa Rica. We do have a little coworking space and uh, yeah, I could go on, but that's, that's the early morning I wanted to go into as much detail as, as possible. Uh, I will supplement with magnesium every day in the morning. It is also a neutral pick and helps me feel a little bit more calm and almost everyone is deficient in magnesium and there's not a lot of, not a lot of things you can make blanket statements about supplementation, but that is one of them that I feel comfortable about. Yeah. I tried to be maniacal about these things, but not to a fault where I'm like freaking out when I don't one of these things like I want to get up and meditate, but yeah, I try to also be centered and realized if the data doesn't go perfectly, that's okay too. Uh, sometimes I don't get to my writing because there's a fire burning somewhere that I need to put out metaphorically.

Cody: [00:50:44](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=3044.47) Yeah. I know with my own exercise routine, if I missed on or if I had a meeting and I, I wasn't able to get to it in the morning, I feel like it disrupts my whole day and it's much more difficult to get back into that slow of knowing what I have to work on because I feel like it's sort of like the opposite of people who want to exercise is that, you know, like the few times that you exercise, they feel good. But when you have this ingrained habit of exercising every day is that if you miss one, you feel bad and it feels like it's something that you have to do every single day. So do you have any, any of that as well? I see,

Matt: [00:51:18](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=3078.53) yeah. It's interesting. Okay. Hi. Will feel bad emotionally? I guess if I don't get up and meditate, I'm really don't ever miss a day. But if I have to catch a flight in the morning, I'll meditate on the plane. Right. I'm not gonna wake up extra, extra early for my meditation practice that I know will get done later. And then after work I try to sit or occasionally during the middle of the day, if I'm working from home or come home for lunch, it just take five minutes and sit and relax because I get get really amped up. I get really revved up during the day, especially if I have that second cup of coffee and I haven't eaten yet. Yeah. We've, we didn't even get into into that. Yeah. But I really am careful to monitor my stress levels and my anxiety levels. But exercise, I used to be that way, to be honest, Cody.

Matt: [00:52:13](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=3133.49) But then I've kind of learn to listen to my body more. Uh, when I was in my early or mid twenties, it was my only form of stress relief and I just had to have it. But now I'm a lot more cool with doing a light exercise or going for a walk or going to the beach and telling myself, or, hey, taking a nap. I rarely take naps, but I know they're very good for me when I do need one, I should take a nap and not go do some masochistic workouts. So I try to commend myself for making the right decision and listening to my body.

Cody: [00:52:51](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=3171.22) The coffee nap right now we have coffee and you sleep for 20 minutes and then then it kicks in.

Matt: [00:52:57](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=3177.28) That has never worked for me. I think I have too much psychosomatic like a, as soon as I hit it hits my lips. It seems to be working even though the caffeine doesn't get you and like you said for 20 minutes, but if I got a cup of coffee in my hand to I am either sitting around to chat and I feel like the coffee is making me talk more. It just is a relaxing thing for me or I, it's, it's work mode.

Cody: [00:53:23](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=3203.77) Ever tried at coffee with L-theanine?

Matt: [00:53:27](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=3207.34) Good question. I don't think four sigmatic makes a L-theanine in their coffee. No. Um, I have some CBD oil that I'll take with LPL mean at night, but no, I, I've never done it. Does it kind of makes fee caffeine buzz a little bit more stable and have less of a crash?

Cody: [00:53:48](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=3228.86) Yeah, it's really known as as really like the most basic nootropic have you had that caffeine and the [inaudible] really helps to eliminate the jitters. And so any anxiety you would get from caffeine, it really reduces that because whenever you're trying to work as, as the flow, you want to find that goldilocks zone where you're not too stimulated but you're not understimulated and it, it's been generally helpful for a lot of people. But probably much like yourself, like me, we probably both take too much caffeine. So we probably don't even get anxiety whenever we have caffeine anymore. But at this, on a quick note, I want to add, so you said that you take magnesium and that helps you with your anxiety and obviously everybody's decision in that. Is there anything else? We're going to have a good basis. Like you drink your Vermont, say a, anything else that helps you get into that flow of writing and being productive?

Matt: [00:54:37](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=3277.56) So the one thing that just has been amazing for me as lion's Mane, so I take a little, a four sigmatic lion's mane and I try to, yeah, a few times a week. I would say when I think about it, it's kind of my afternoon t a I had one before I came on here because I know I'm probably going to go out for lunch after after this and 12 alliance may won't be available, but I did mention Ya'll have a second cup of coffee. Actually what I've been doing more recently, so I'm doing less intermittent fasting. I realized that to usually if I'm fasting, that will lead to a second cup of coffee and then more jitters and higher cortisol and that was actually able to see that in my labs that my cortisol was a little high and you definitely don't want that.

Matt: [00:55:31](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=3331.19) But I can also feel that if I'm on my second cup of coffee and then it's about nine 30 in the morning and that's when he was really start to go wrong. Or people start asking me a lot of questions around nine 30, let me just put it that way. And my time to myself and writing is definitely over by then and I haven't had something to eat then I'm a little bit more on edge combined with that Second Cup of coffee. But to answer your question, uh, supplements that I really liked. So I try not to supplement with things unless I really know a lot about them or I know that it is good for, for me and my body. So please don't just copy what I'm doing. But Glutathione is something very interesting to me. I have a MTF H R deficiency or not deficiency in my genetics.

Matt: [00:56:26](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=3386.86) You can see that my body doesn't detox as well as it could. Let's, let's put it that way. And so glutathione is one of the things that I can take that helps that a pathway a little bit better. And so that's something that I take everyday. I just feel really good now with antioxidants. I try not to take them around my workout period. I don't work out until the afternoon. So if I'm going to take a Ashwagandha or I'm going to take a coenzyme Q 10 or something like that, I'll do that in the morning. So hydrogen, this is another amazing antioxidant that I really love done. I'll, I'll take during the day. It just makes me feel better and it's part of kind of my anti-aging protocol. Vitamin C is another antioxidant. So if I didn't sleep so well or somebody around me sick or I'm experiencing extra high stress levels, I will take vitamin C, kind of the more stressed the four mind them and see that you should probably take, I'll pick a thousand milligrams and not think too much of it. But yeah, those are some of my, a six a, I don't try to go too crazy and I try to cycle on and off things. Uh, but yeah, that would, that would probably get someone started. Yeah, that's a good response to that.

Cody: [00:57:41](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=3461.01) And I, I know even even my own experience is that it's so easy to just think that you know, I need to supplement or pill is going to be the magic solution, but really maybe, maybe it's like 10% of that, you know. And the other is really your mindset and how you approach things. And even, I was just reading a recent study, it was actually not recent, it's from 2012 that that initial fatigue that you experience whenever you're, you're on a task that you don't want to do or you're, or you're working out, you're exercising that initial fatigue that hits you. It's really a mental, it's actually an emotion. It's not actual fatigue. And, and scientists have had theorized at that initial fatigue, even when it comes to working and having that feeling of like, I don't want to work anymore. It's actually a built in emotion to protect us from over exerting ourselves and the most successful athletes, they are able to mentally push past that fatigue and then they're able to get back into that flow. And so I think that's an important thing to, to being able to recognize that and not always just resorting to or supplements or feeling like you need a supplement in order to be productive or to have a good day.

Matt: [00:58:46](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=3526.72) Sure. Or coffee or a breathing exercise or whatever, whatever you need. Sometimes they'll just go and do 20 air squats when I need a little bit of a change of pace, when I need to shift to the next task on my list. Um, but also I try to pay attention to why don't I want to do this? Maybe my body's trying to tell me something and let me not push too hard because I spent a lot of my love of my life so far. Of course, still very young. I'm 33 but I've spent a lot of my life and really pushing it too hard and red line in my body as you could say. And so yeah, trying to listen to that more these days so that I can have a very long successful career rather than a short one.

Cody: [00:59:31](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=3571.96) As we near the end here. I wanted to ask about your, your book that you're writing and can you tell me a little bit about that? Uh, do you have any expected release date and where they can find that?

Matt: [00:59:41](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=3581.62) Sure. I will tell you the first thing about writing a book is it's very difficult. It's a, yeah, it's a, it's a beast. I want to write again called the millennial travel guidebook. And I want to help people get out there and travel more. And so it starts with very basic stuff on mindset and asking yourself, why don't I travel more or why do I live my life like this? Or what are my limiting belief patterns? Or how do I prepare for that tough conversation with my partner or my parents were my best friends about, oh, I'm going to go in and go somewhere. And maybe you're from a town where nobody ever leaves her travels and people look at you weird and hey, hey, shouldn't you be saving for the, uh, the house, the ring, the car, traditional path, etc. Your behaviors will trigger other people.

Matt: [01:00:35](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=3635.38) So that's how the book opens up. And then we really get into stuff about what's the best way to book flights and hotels and how to set up your travel, how to get around once you get to a destination. So basically it's all the things we've ever been asked at under 30 experiences about, hey, I want to go on a trip, what next? That's what I want to give everybody in book form. So, um, I'm happy to do that. And also I should mention that when people come home for the trip, they often experience reverse culture shock or they feel the hangover from their trip. They just had the time of their life and now it's back to the grinds. And that's not great for everyone. People can have some, let's call them side effects. So yeah, that's, that's what the millennials travel guide book is all about. To be honest. No, I don't have a release date. Hopefully by the end of 2019 okay,

Cody: [01:01:34](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=3694.19) sounds good. And then also you've had a very successful podcast. You have over a hundred thousand downloads. I hope to be there some day. Can you explain a little bit about, uh, your podcast, what it is and what it's basically about?

Matt: [01:01:47](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=3707.09) Sure, sure. Yeah. Thank you. Why you were doing an awesome guests, Cody and yeah, we're approaching 200,000 downloads now and uh, you had to live from podcasts is just stories very similar to this actually the conversation that were happening where I try to dive in with the most successful people I can get into contact with and figure out what it is that makes them tick. What are the actual things that people can do to put this secrets of his success into practice in the listener's own life. And I just try to have a fun conversation, be really laid back and get me and to just get people to open up and talk. And so yes, some, some are, are more formal. You mentioned that I had the, the former of Starbucks on there. Yeah, sure. When you, when you're speaking to someone who's 65 years old and has a tons of business experience in a publicly traded company, yet the conversation goes like that.

Matt: [01:02:52](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=3772.26) But then there are other people whose conversations have been more laid back. While I've enjoyed equally as much like your, like your own episodes and just people who I've developed relationships over the years through under 30 CEO through my travels and yeah, now we get a lot of, a lot of people coming, coming our way. David Allen asked to to be on the podcast again from getting things done and just had an amazing relationship expert John Gray who came on. So yeah, people from all walks of life and health performance travel and business. Oh, that's great. And as I mentioned on any links, episodes, books will be listed in the show notes and as a final, is there anything you'd like to leave my listeners with on mindfulness travel or anything else? Wow. I would just say and then people shouldn't go wow. And just figure out what makes them tick and do more of that.

Matt: [01:03:55](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=3835.5) I would say if people can take a trip and if you really enjoyed it, well maybe she consider taking another trip. It sounds very simple, but again, this can be, hey, you could check out a yoga class or a crossfit class, and if you like that life is short. So do things that you enjoy, especially if they open up your mind. You can read more about them, learn more about them, as I mentioned to you of the world's information at your fingertips and is being exchanged at this incredible rates. So we live in a just a fantastic time to be alive and, and opportunities are endless. So I would say take advantage. That would be my biggest message. Yeah. Uh, try new experiences like his life is short, right? Yes sir. Well, thank you again. It's been a pleasure having you, Jodie. It's been a pleasure as well. Thanks again.

Speaker 5: [01:04:52](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=3892.6) [inaudible] hey

Speaker 6: [01:04:54](https://www.temi.com/editor/t/lTGRyfYBX8KldculL5XjVOiNhJNpSZCxZBSD2BuyOLmD5XUIjXEqgCIMcCtsO00XTt5Cqk-iY5Ru7LjSN4YhJG-3ajk?loadFrom=DocumentDeeplink&ts=3894.96) guys, this is Cody again. I hope you enjoyed that episode of mind hack. And if you're interested in getting more mind worthy stuff, streets your inbox, then you might consider signing up for my weekly newsletter. It often contains links to new episodes, blog posts, and other interests and fines. I found on the Inter webs in the past week. You've pretty much focuses around productivity inefficiency. So if that's your thing, then be sure to visit my website@codymclean.com that's m c l a I n.com to sign up. Also, if there were any interesting websites, company's books, blog posts, quotes, or anything else that was mentioned in this episode, you can find it all in more by visiting the official website for the mind hack show at [inaudible] dot com and as always, if you have any feedback, good or bad, I want to hear it. Send me a tweet, email or what have you on either of my websites as my goal with this show is to give you the maximum value in the shortest amount of time. That's all for now, guys. Thanks again for listening and I'll catch you guys against you.